



THE MAHONING VALLEY

healthykids!

COALITION

Mission: To provide a decrease in childhood obesity in the Mahoning Valley through specific programs targeted to caregivers and children through awareness, prevention and intervention.

FITNESS COACH PROGRAM

FITNESS COACH (INDIVIDUAL):

- Individualized assessment of physical activity and nutritional needs
- Personal short-term and long-term goal setting
- Positive lifestyle changes
- Recurring interaction, encouragement and motivation

FITNESS CLUB (GROUP):

- Engages students in non-judgmental group activities
- Promotes healthy habits
- Increases awareness of an active lifestyle and a balanced nutritious selection of food
- Encourages and motivates group to actively participate as a team (TEAMWORK)

The Fitness Coach Program is **FREE** to students ages 7-18 and requires a registration form available on www.akronchildrens.org/healthykids. Submit form to Kris Kriebel, Fitness Coach at Akron Children's Hospital Mahoning Valley Community Outreach, Education and Support Center, Southwoods Executive Centre, 100 DeBartolo Place, Boardman, OH 44512.

For more information, please contact Kris Kriebel at kkriebel@chmca.org or **330-746-8767**.

2017 FITNESS CLUB SCHEDULE & LOCATIONS

THE MAYOR RALPH A. INFANTE WELLNESS CENTER 213 Sharkey Dr., Niles Phone: 330-349-9355	
Date	Time
1/20	7-8 pm
2/17	7-8 pm
3/17	7-8 pm
4/21	7-8 pm
5/19	7-8 pm
6/16	7-8 pm

THE DAVIS FAMILY YMCA 45 McClurg Rd., Boardman Phone: 330-480-5659	
Date	Time
1/9	5-6 pm
2/13	5-6 pm
3/13	5-6 pm
4/10	5-6 pm
5/8	5-6 pm
6/12	5-6 pm

The Mahoning Valley Healthy Kids Coalition is committed to creating healthy lifestyles for children and is a collaboration of the following organizations: Akron Children's Hospital Mahoning Valley, Mahoning County District Board of Health, Trumbull County Health Department, Junior League of Youngstown, Warren-Trumbull County Public Library, and the Public Library of Youngstown and Mahoning County.

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